
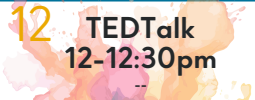


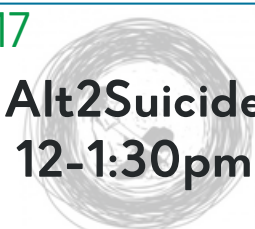

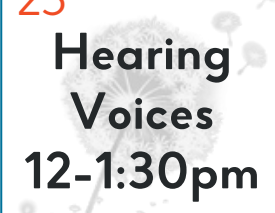
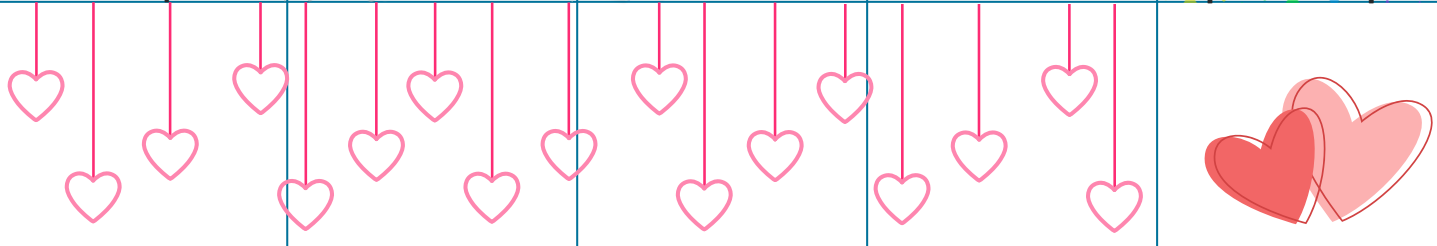




FEBRUARY

WE ARE A FREE
DROP-IN CENTER
OPEN TO ALL

Mon	Tue	Wed	Thu	Fri
<p>3</p>  <p>Alt2Suicide 12-1:30pm</p>	<p>4</p>  <p>Better Days 12-1pm <small>Coffee & Conversation Group</small></p>	<p>5</p>  <p>TEDTalk 12-12:30pm</p> <p>Art Group 1-2pm</p>	<p>6</p>  <p>Game Day & Pizza Party!</p>	<p>7</p>  <p>Queer Affinity 12-1pm</p>
<p>10</p>  <p>TIGARD BOWL 11-12:30pm</p>	<p>11</p>  <p>Hearing Voices 12-1:30pm</p>	<p>12</p>  <p>TEDTalk 12-12:30pm</p> <p>Art Group 1-2pm</p>	<p>13</p>  <p>Game Day & Pizza Party!</p>	<p>14</p>  <p>Queer Affinity 12-1pm</p>
<p>17</p>  <p>Alt2Suicide 12-1:30pm</p>	<p>18</p>  <p>Better Days 12-1pm <small>Coffee & Conversation Group</small></p>	<p>19</p>  <p>TEDTalk 12-12:30pm</p> <p>Art Group 1-2pm</p>	<p>20</p>  <p>Game Day & Pizza Party!</p>	<p>21</p>  <p>Queer Affinity 12-1pm</p>
<p>24</p>  <p>Movie Matinee DOG DAY AFTERNOON 12-3pm</p>	<p>25</p>  <p>Hearing Voices 12-1:30pm</p>	<p>26</p>  <p>TEDTalk 12-12:30pm</p> <p>Art Group 1-2pm</p>	<p>27</p>  <p>Game Day & Pizza Party!</p>	<p>28</p>  <p>Queer Affinity 12-1pm</p> <p>Spill the Tea 4pm -4:30pm</p>



Groups and Affinities



Talk about recovery - your way! Built off a curriculum that's flexible to talk about what's going on in daily lives and share coping skills with other members of the group.



Hearing Voices Affinity

A safe space for people to gather with peers having similar experiences. A place to share and validate our realities.



A popular way for people to learn new things and gain new perspectives, followed by discussion.



Board games, card games, TTRPGs, video games!



A wellness group for those who fall somewhere within the 2SLGBTQIA+ spectrum



Alternatives to Suicide is for those who struggle with suicidal thoughts. We're a safe, nurturing place where you can talk about thoughts of not wanting to live without fear of judgment or intervention.



We organize and plan trips into the community that are fun and engaging.



Watch a movie and eat some popcorn!



HOURS:

OPEN DROP-IN HOURS EVERY WEEKDAY!

MONDAY - FRIDAY
11:00AM-4:00PM

CONTACT:

 (503) 597-3992

 ComfortZoneTeam@NewNarrativePDX.org

 @ComfortZonePDX

 @ComfortZoneNN

ADDRESS:

10130 SW NIMBUS AVE SUITE D2
TIGARD, OR 97223